

ASCEND SALT LAKE CITY

Facility Profile

Ascend Salt Lake City (“ASLC”) is a free standing private psychiatric hospital, which will be licensed by the Utah Department of State Health Services, certified by CMS as a Medicare provider, and accredited by the Joint Commission on Accreditation of Healthcare Organization.

ASLC will be licensed to operate 120 beds and will implement various voluntary behavioral health programs described below.

Philosophy

ASLC believes in the value of the treatment process for the individual struggling with emotional and adjustment problems. ASLC strives to provide an organization, clinical, technical, and physical structure that is conducive to the therapeutic and recovery process.

ASLC believes in the concept of treatment planning and the inter-disciplinary team in providing an intensive, goal-directed treatment program.

ASLC believes in the dignity of the individual and is dedicated to the principles of patient advocacy, protection of patient's rights, and the mainstreaming of patients into the community. The treatment program is designed to facilitate the individual's optimal level of involvement in the emotional, social, occupational, and educational pursuits of life.

ASLC is involved in the community in the interest of the advancement of knowledge and services in the areas of psychiatry and mental health. ASLC supports the concept of a cooperative and reciprocal relationship between the public and private mental health systems.

ASLC emphasizes in-depth collaboration with Managed Care Organizations to manage patient benefits efficiently.

Services

ASLC provides mental health, chemical dependency and dual diagnosis services for children, adolescents, adults, and senior adults. Services include the following levels of care:

Assessment and Referral
Crisis Stabilization
Inpatient Psychiatric Care
Inpatient Chemical Dependency Care

**Inpatient Dual Diagnosis
Inpatient Detox
Partial Hospitalization Program
Intensive Outpatient Program
Medication Management Services
Outreach Services**

Assessment and Referral

Individuals seeking services at ASLC provides a no cost comprehensive screening/assessment by a Qualified Mental Health Professional. Only a licensed Psychiatrist can determine the need for hospitalization. The outcome of all assessments will determine a specific level of care or a referral to traditional out patient services.

Crisis Stabilization

Crisis Stabilization provides the most intensive level of care in the most highly supervised milieu for individuals suffering from acute psychiatric disturbances. The priority of care in the program is safety and prevention of self-harm due to suicidal or homicidal ideation or inability to care for self. Treatment is delivered under the care of the attending Psychiatrist working with Nurses, Therapists and Mental Health Technicians. The focus of care is on reality orientation and sensory integration. Basic activity of daily living skills are provided and taught. Crisis Stabilization and Inpatient Hospitalization are the facility's most intensive level of care program. Patients are closely monitored. Family members are required to participate in support and educational sessions with the staff while their family member is in treatment.

Inpatient Hospitalization

Inpatient Hospitalization program provides treatment in a milieu/group format for individuals with psychiatric conditions who are amenable to cognitive therapy. Group work facilitates the patient expressing him/herself to peers and staff to experience supportive feedback and recognition from the peer group. The groups are dynamic and topic driven. In addition, the treatment team provides a high level of education regarding mental health and interventions to maintain healthy living.

Partial Hospitalization Program (PHP)

PHP is designed as an alternative to hospitalization. Patients may be enrolled directly into a PHP program or may be "stepped-down" from a hospital setting to facilitate the quickest return to the home setting. PHP provides participants with structured group therapy and education. The program is equipped to handle individuals with a psychiatric diagnosis as well as those who have a dual diagnosis condition. Treatment is provided in an interdisciplinary manner utilizing group format. The attending Psychiatrist is the leader of the team and oversees all aspects of treatment. PHP is often utilized as a step down from inpatient treatment and can also be used as a step up from traditional outpatient therapy. Therapy and Discharge Planning staff are available to assist patients in accessing these options within the community.

Intensive Outpatient Program (IOP)

IOP is more intensive than traditional outpatient and less intense than PHP. IOP services are designed to achieve short-term stabilization and resolution of immediate problem areas. The program consists of two groups per day, both of which are led by a licensed master's level

therapist or other qualified staff. Educational topics include relaxation techniques, anger management, stress management, assertiveness training and communication skills. There is a focus on relapse prevention, medication and illness education. The patient is enrolled in a time-limited program with other patients working on similar issues. The treatment team may include licensed therapists, nurses, program specialists and a doctor.

Medication Management

Individuals frequently require assistance with medication related to mental health and/or chemical dependency issues. ASLC provides referrals to Psychiatrists in the community as well as to the ASLC Clinic.

Outreach Services

ASLC will be establishing outreach sites to rural communities. ASLC Outreach locations will provide convenient locations for individuals to receive clinical assessments. Outreach services can be a point of entry to treatment at ASLC or referral to traditional outpatient services.

Partnership Plan

The leadership Team views relationships with Managed Care Organizations as “partnerships” in caring. Our goal is to achieve or exceed the expectations of managed care organizations. We intend to achieve this through diligent pre-certification procedures, intense utilization review, physician/patient relationships, and by providing alternatives to inpatient care.

ASLC commits to open, direct communication with all levels of professionals and encourages dialogue related to improving the process between both organizations.

Pre-certification

ASLC commits to diligent pre-certification to determine member eligibility for benefit reimbursement and allowing for the availability of out-of-network benefits for non-participating providers.

Utilization Review

The purpose of the utilization review program is to safeguard against unnecessary and inappropriate medical care rendered to ASLC patients and MCO members. Medical services and/or records are reviewed daily for medical necessity, quality of care, and appropriateness of level of service. Careful monitoring addresses length of stay (inpatient hospital) and/or program participation (outpatient services). Careful data management and analysis is conducted to review readmission rates and ambulatory follow up.